



Carb Smart Dill Pickle Tofu Salad

with Croutons and Pickle Cream

Veggie

Smart Meal

25 Minutes



Tofu
1 | 2



Garlic, cloves
1 | 2



Baby Spinach
113 g | 227 g



Tomato
1 | 2



Dill Pickle, sliced
90 ml | 180 ml



BBQ Seasoning
1 tbsp | 2 tbsp



Cream Cheese
½ | 1



Mayonnaise
2 tbsp | 4 tbsp



Croutons
28 g | 56 g



Whole Grain Mustard
1 tbsp | 2 tbsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Sugar, oil, salt, pepper

Cooking utensils | Measuring spoons, large bowl, parchment paper, small bowl, whisk, large non-stick pan, paper towels

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

1



Prep tofu

- Before starting, wash and dry all produce.
- **Garlic Guide for Step 4:**
 - Mild: ¼ tsp (1/2 tsp)
 - Medium: ½ tsp (1 tsp)
 - Extra: 1 tsp (2 tsp)

- Heat a large non-stick pan over medium-high heat.
- Pat **tofu** dry with paper towels. Cut **tofu** in half parallel to the cutting board. (**NOTE:** You will have two square tofu steaks per block.)
- Season with **salt, pepper** and **BBQ Seasoning**, then flip to coat.

2



Cook tofu

- When the pan is hot, add **1 tbsp oil**, then **tofu**. (**NOTE:** Don't overcrowd the pan; cook in 2 batches if needed, using 1 tbsp oil per batch.)
- Pan fry until golden, 2-3 min per side.
- Transfer **tofu** to a plate. Cover to keep warm.

3



Finish prep

- Meanwhile, peel, then mince or grate **garlic**.
- Cut **tomato** into ½-inch pieces.
- Drain **pickles**, reserving brine. Finely chop **2 tbsp** (4 tbsp) **pickles**, then thinly slice **remaining pickles**.

4



Make dill pickle cream

- Add **half the cream cheese** (use all for 4 ppl), **chopped pickles**, **half the mayo** and **½ tsp** (1 tsp) **garlic** to a small bowl. (**NOTE:** Reference garlic guide.)
- Season with **salt** and **pepper**, then stir to combine.

5



Make vinaigrette and salad

- Add **mustard**, **remaining mayo**, **1 tbsp** (2 tbsp) **pickle brine**, **½ tbsp** (1 tbsp) **oil** and **¼ tsp** (½ tsp) **sugar** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- When **chicken** is done, add **tomatoes**, **spinach** and **sliced pickles** to the large bowl with **vinaigrette**. Toss to combine.

6



Finish and serve

- Thinly slice **tofu**.
- Divide **salad** between plates. Top with **tofu** and **croutons**.
- Dollop **dill pickle cream** over **tofu**.



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